

Do I need SA?

Posted by Teshuvahguy - 29 Dec 2022 20:02

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So, as many of you know, I no longer act out with other people but before 2007 I was unable to control myself and had risky sex with risky strangers in risky places every single day. I wanted to stop but I couldn't. Then I know I was an addict.

Today, I no longer act out with men and I have not viewed porn or masturbated for 70 days. However, sex is always on my mind. It dominates me when I am outside my home. I am always looking for who is there and trying to see as much of them as I can. I sexualize all attractive men. So I realize that even though I am not physically acting out, mentally, I seem to still be obsessed with sex...wanting it, fighting the urges, getting exhausted from fighting the urges to look (or worse). It literally makes me tired and makes it hard to focus on just enjoying other parts of life.

Am I an addict? Do I need SA? Would I benefit from it, given the circumstances? Could I feel safe being honest (about the desire for men) since I would not want to be outed in my community? Please help me understand if this is a good tool for me.

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Re: Do I need SA?

Posted by Human being - 29 Dec 2022 21:08

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[Teshuvahguy wrote on 29 Dec 2022 20:02:](#)

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I never went to SA, so I'm not going to comment on that. But ever thought about going/back to therapy? You can discuss with a therapist if the 12 steps will be beneficial for you or not.

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Re: Do I need SA?

Posted by easy - 18 Jan 2023 20:46

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hi welcome

I cant talk about if you need sa or not as i don't have the feel for that yet nor am i anywhere near close to the best guys on here to answer that. that would be a dov question. I can tell you that you should feel safe in the rooms sharing, being open and being honest.

i think i share a parallel path as you in that i stopped my most destructive acting out before i got into sa. it has still helped me tremendously and i have just passed 90 days.

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